"The Lookout Cookbook"
Forest Service, Region One
Supplement no. I

GUIDE FOR MEAL PLANNING

(These lists have been compiled to conform, as closely as possible, with the 45 man-day ration on list, and are necessarily concerned with canned and nonperishable foods; however, when fresh fruits and vegetables are available, they should be used in great abundance as their vitamin, mineral content, and roughage value is somewhat greater in the natural state.)

Growth and Protective Foods which Help Prevent Nervous Disorders, Scurvy, Rickets, and Infections

Vitamin A	Vitamin B1 or F	Vitamin C	Vitamin D	Vitamin B2 or G
Canned Milk	Canned Milk	Grapefruit	Salmon	Milk
Milk	Rolled Oats	Tomatoes	Egg Yolk	Lean meat
Butter	Carrots	Cabbage or Sauerkraut	Canned milk	Eggs
Cheese	Egg yolk	Carrots		Tomatoes
Egg yolk	Potatoes	Peaches		Salmon
Carrots	Tomatoes	Apples		Carrots
Spinach	Cherries	Pears		Onions
Peas	Grapefruit	Black-berries		Citrus Fruit
String beans	Prunes	Plumbs		Potatoes
Corn	Apples			Lima beans
Sweet Potatoes	Black-berries			Navy beans
Peaches	Apricots			Red beans
Prunes	Plums			
Apricots	Lima beans			
Black-berries	Ham			
Plums	Roast beef			
	Navy beans			
	Red beans			

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Body Building and Regulating Foods
Muscle, Bone, Teeth

Protein	Lime or Calcium	Phosphorus	Iron	Bulk
Milk	Milk	Milk	Egg Yolk	Cabbage or sauerkraut
Eggs	Cheese	Cheese	Roast Beef	Onions
Cheese	Spinach	Eggs	Peas	Prunes
Meat	Lima beans	Meat, lean	Rolled Oats	Raisins
Fish	Navy beans	Fish	Prunes	Apples
Cocoa	Red beans	Prunes	Raisins	Baked potatoes with skins
Lima beans		Lima beans	Potatoes	Water
Navy beans		Navy beans	Lima beans	Coffee
Red beans		Red beans	Navy beans	Blackberries
		Rolled oats	Red beans	Plums
				Lima beans
				Navy beans

Energy Giving Foods

Starch	Sugar	Fats
Macaroni	Syrups	Butter
Rice	Sugars	Cheese
Tapioca	Jams	Lard
Cornstarch	Dried Prunes	Bacon
Flour	Dried Apricots	All animal and vegetable fats and oils
Rolled Oats	Cake	
Bread	Cookies	
Crackers		
Potatoes		

Beef stew combines beef, potatoes, carrots, turnips and onions.

Pork and Beans combine side pork meat and navy beans.

Frankfurters and pickles have little food value other than to provide bulk.

The food essentials which should be supplied in the normal diet regularly are as follows:

Materials for building and repairing tissues:

These include proteins, certain minerals and water. Proteins are essential to every living cell and should be provided daily in amounts sufficient to build new tissue and repair old, but not too lavishly, for the body has no storage space for a great excess and it is not wise to over burden the intestines and kidneys with waste materials.

Next come the minerals, which are important builders of body tissue. The minerals in which so many diets are inadequate, yet which are so indispensable that they have to be considered in the daily diet, are calcium, phosphorus, and iron. Calcium and phosphorus are used in building bones, teeth, and certain other tissues; iron is an essential part of the blood. Very small amounts of other minerals are essential to certain body tissues, but are usually present in sufficient amounts in the foods which supply calcium, phosphorus, and iron.

Water is a part of every tissue, but ordinarily enough is provided in foods and beverages so that it does not have to be considered in planning the diet for the average person.

Regulatory Materials:

These include the same minerals - calcium, phosphorus, iron and iodine - which are used in tissue building, the mysterious group of food essentials known as the vitamins, water, and roughage or bulk. At present there are at least six known vitamins, each of which acts in a different way to promote growth and general health. Vitamin A increases the resistance of the body to infection through maintaining the mucous membranes in healthy condition. Vitamin B stimulates the appetite and is essential to the health of the entire digestive system. Vitamin C helps protect the teeth and gums and to keep the joints and muscles in good condition. Vitamin D assists in the proper use of calcium and phosphorus and is thus necessary for the formation of bones and teeth. Vitamin E is concerned with processes of reproduction and the prevention of sterility. Vitamin G is needed to keep the body in good nutritional condition.

Roughage or bulk is the term used to cover the materials in certain foods which pass through the body without being digested and absorbed, and serve the useful purpose of furnishing bulk to insure healthy movement along the intestinal tract.

The body fuels or materials supplying energy:

The body is often likened to an engine that requires fuel. The chief body fuels are the sugars and starches (called carbohydrates) and fats. Carbohydrates burn more quickly in the body, but the same amount of fat furnishes twice as much energy. Proteins also furnish energy, but are a more expensive fuel and more difficult for the body to use and should not be depended on for the chief source of energy. The energy value of foods and the energy requirements of the body are measured in terms of calories.

An adequate diet is one which furnishes the right kinds of foods in sufficient amount to meet the body's needs at all ages and under all conditions. An optimal diet is one which furnishes each essential in the most favorable amounts for best possible health and physical development. Ill effects of an inadequate diet are not always evident immediately or strikingly, nor are the benefits of an optimal diet at once apparent.

Using the whole day as a unit, and giving the matter a little reasonable thought and interest, it is entirely practical to prepare well balanced meals from Forest Service rations.

HOW TO AVOID CONSTIPATION

Drink water freely. (Two glasses hot water on rising in the morning.)

Cultivate good posture and deep breathing.

Get plenty of sleep and rest.

Avoid worry, anger, or strong emotion of any kind.

Eat an abundance of foods rich in cellulose and mineral matter; cabbage, green vegetables, baked potatoes (eaten with skins), rolled oats, sauerkraut, etc.

Eat wisely and keep well! Practice moderation!

A Measuring Stick for Your Meals

Grown-up's daily means should contain:

1. One pint of milk, either as a beverage or as a part of soup, sauce, main dishes, hot cakes, on cereals, desserts, etc.

2. At least two generous servings of green vegetables, such as carrots, lettuce, onions, sauerkraut, spinach, string beans, and tomatoes. Whenever raw vegetables are available, they should be eaten in abundance.

3. One potato a day for its iron content and alkalinity.

4. One serving of fruit.

5. Meat, fish, or a substitute, such as a cheese or egg dish.

6. An egg three or four times a week.

7. For energy, breads, starchy vegetables, cereals, desserts, butter, etc., to complete the menus.

8. Plenty of water.

If you are overweight - cut down on the foods listed under number 7.

If you are underweight, increase these foods gradually, and use a quart of milk a day, if possible.

GROCERY SUPPLY CHECK LIST - (All Lookouts) Date

CANNED VEGETABLES	UNITS
1. Green Beans	2
2. Peas	2
3. Salad Dressing	1
4. Peanut Butter	1
5. Catsup	1
6. Pork and Beans	6
7. Corn	2
8. Spinach	3
9. Asparagus	2
10. Mixed Canned Soups	12
11. Potatoes	2
CANNED MEATS	
1. Brown Gravy with Beef	6
2. Chicken with Dumplings	2
3. Corned Beef Hash	4
4. Spaghetti with Meat Balls	6
5. Beef Stew	3
6. Meat Balls and Gravy	6
7. Chilli	3
8. Canned Bacon	3
CANNED FRUITS	
1. Grapefruit Sections	2
2. Cherries (Sweet)	3
3. Pears	3
4. Fruit Cocktail	4
5. Sliced Pineapple	2
6. Peaches	4
7. Applesauce	2
8. Apricots	3

CANNED JUICES	
1. Orange Juice	3
2. Apple Juice	1
3. V-8 Juice	3
4. Tomato Juice	3
CONDIMENTS	
1. Cocoa	1
2. Coffee	3
3. Pepper	1
4. Salt	4
5. Kool-Aid Pkg.	12
6. Dry Milk	1
7. Brown Sugar	1
8. Sugar 10 lbs.	1
9. Pudding Mixes	6
10. Cake Mix (Assorted)	3
11. Baking Powder	1
12. Condensed Milk, Small	6
13. Pancake Mix	1
14. Flour 10 lbs.	1
15. Jello	6
16. Jam and Jelly	3
17. Syrup	1
18. Cooking Oil	1
19. Margarine	6
20. Honey	1
SOAP & MISC. ITEMS	
1. Hand Soap	4
2. Soap Powder	2
3. SOS Pads, Box	1
4. Saran Wrap	1
5. Aluminum Foil	1
FRESH VEGETABLES	
1. Lettuce	1
2. Tomatoes	4
3. Celery	1
4. Cabbage	1
5. Potatoes 10 lbs.	1
6. Bread (Fresh)	2
MEATS	
1. Bacon 2 lbs.	1
2. Hamburger 2 lbs.	1
3. Sausage 2 lbs.	1
4. Chicken	1
5. Eggs	2 Doz.
FRESH FRUITS	
1. Apples	1 Doz.
2. Oranges	1 Doz.
3. Bananas	1 Doz.